

The Role of Spirituality in Promoting Healthy Aging

Harvesting Life's Wisdom



The Sage-ing® Model For Aging Well

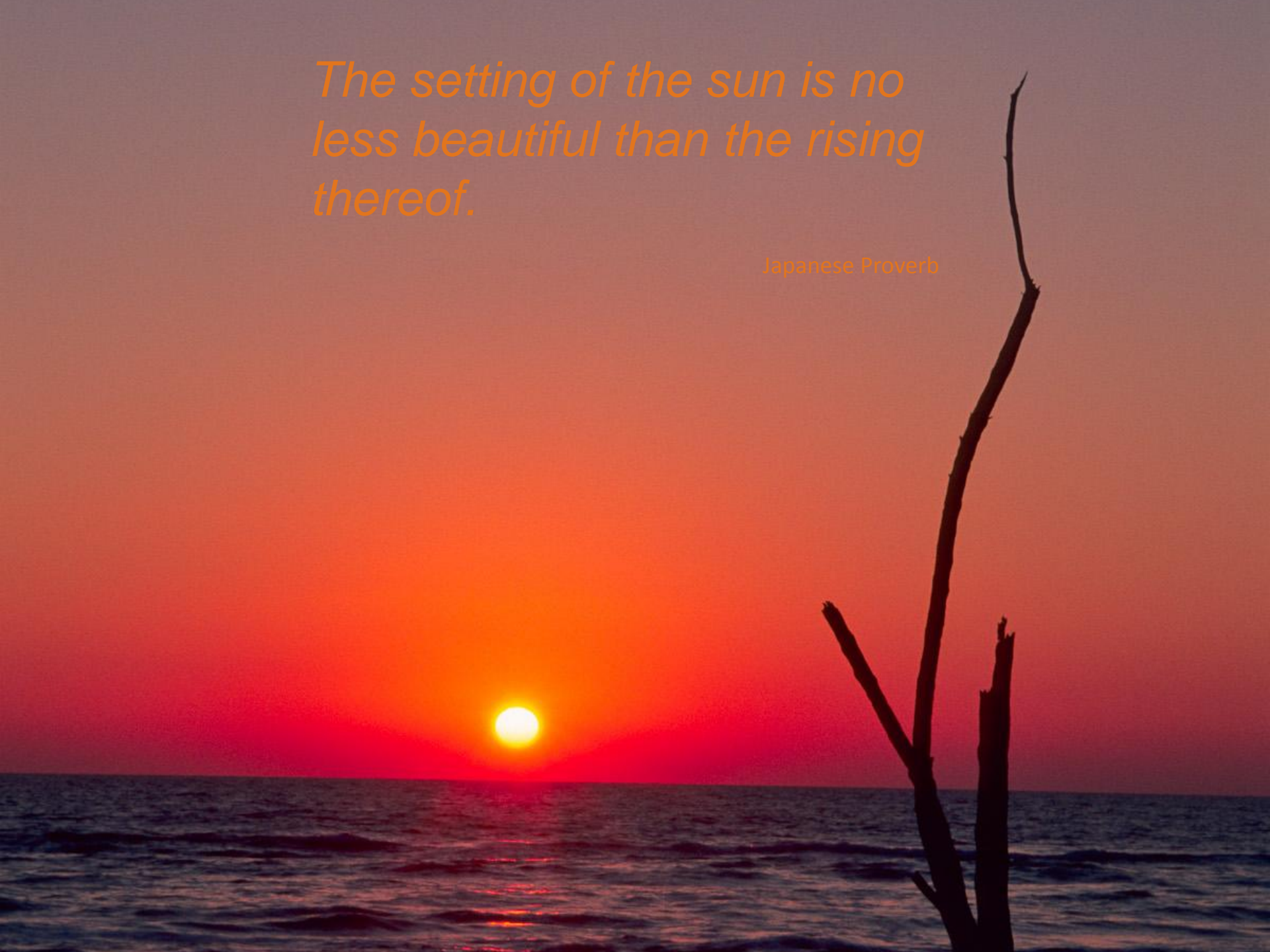
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Sage-ing International

www.sage-ing.org

*The setting of the sun is no
less beautiful than the rising
thereof.*

Japanese Proverb



Intention

- To explore a new vision of aging as a time for deep reflection, spiritual growth, and service
- To introduce the Sage-ing® Model topics and process
- To highlight the benefits of connection and community
- To introduce resources for further exploration

“Sage-ing”

Other familiar terms...

Conscious Aging

Spiritual Eldering

Wisdomwork

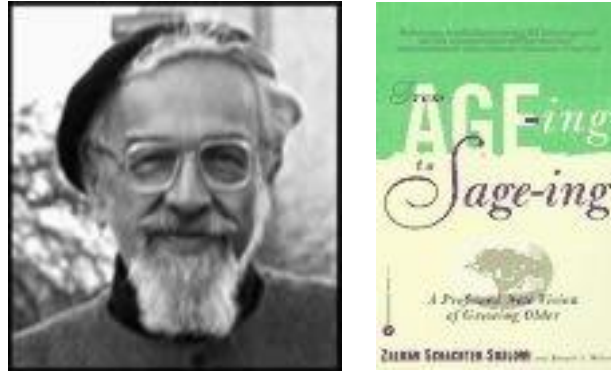
Positive Aging

Vital Aging

Active Aging

Etc.

History of Sage-ing®



Founder: Zalman Schachter-Shalomi
(affectionately know as “Reb Zalman”)

Zalman’s personal journey

Changing the Paradigm...

Many older people survive into their eighth and ninth decades experiencing a gradual sense of:

- alienation
- loneliness
- social uselessness
- reduced capacities and an erosion of self esteem

from aging...

...to sage-ing®

In Search of
Our Inner Elder



People don't
automatically become
"sages"
simply by living to a great
age – they become
wise by undertaking the
inner work that leads,
in stages, to **expanded
consciousness.**

Harvesting Life's Wisdom



“A person has to be serious about wanting to harvest a lifetime.

Most people are depressed when they get old because they have nothing to look forward to. And, people are not wanting to face their mortality. So there is homework. You can't become an elder without doing the homework.”

Zalman Schachter-Shalomi

Box of Unlived Life

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Painful Failures
Missed Opportunities
Broken Relationships

Mortality
Mental
Diminishment



We limit our awareness by creating an artificially shrunk box that keeps us imprisoned...

Our present is devoid of the wisdom of a well-harvested past, and without hope for the future.

The Sage-ing® Model

Expanding Our Consciousness

Reviewing Our Lives

Repairing Our Relationships

Embracing Our Mortality

Creating Our Legacy

Gifts of the Emerging Elder

A Holistic Model for Aging Well

Sage-ing experiences and exercises are designed to help us strengthen and integrate all four aspects of our being:

Body
Emotions
Mind
Spirit

QUATERNITY OF BEING



**Body, Emotions,
Mind & Spirit**

Sage-ing



An inherently ***spiritual practice*** based on principles that are not specific to any faith or denomination; that serves to enhance spiritual maturity in consort with all faith practices.

Inner Work / Spiritual Work

Reflective / Integrative



PERSONAL REFLECTION

TOOLS:

Meditation

Guided imagery

Journaling

Dreamwork

Socialized meditation

Creative expression

Wisdom

Wisdom does not come from merely **having** experiences.

It comes from **reflecting** on the experiences we've had and harvesting life's lessons.



Spiritual Intimacy: Connection and Community



Creating Sacred Space
Community Agreements
Co-Mentoring / Buddies
Wisdom Circles

Benefit of doing this work
in a group of
like-minded people

Spirituality is about making connections.

- with one's self
- with other people
- with the past
- with the future
- With Mother Nature
- and with whatever name you have for something greater than you are

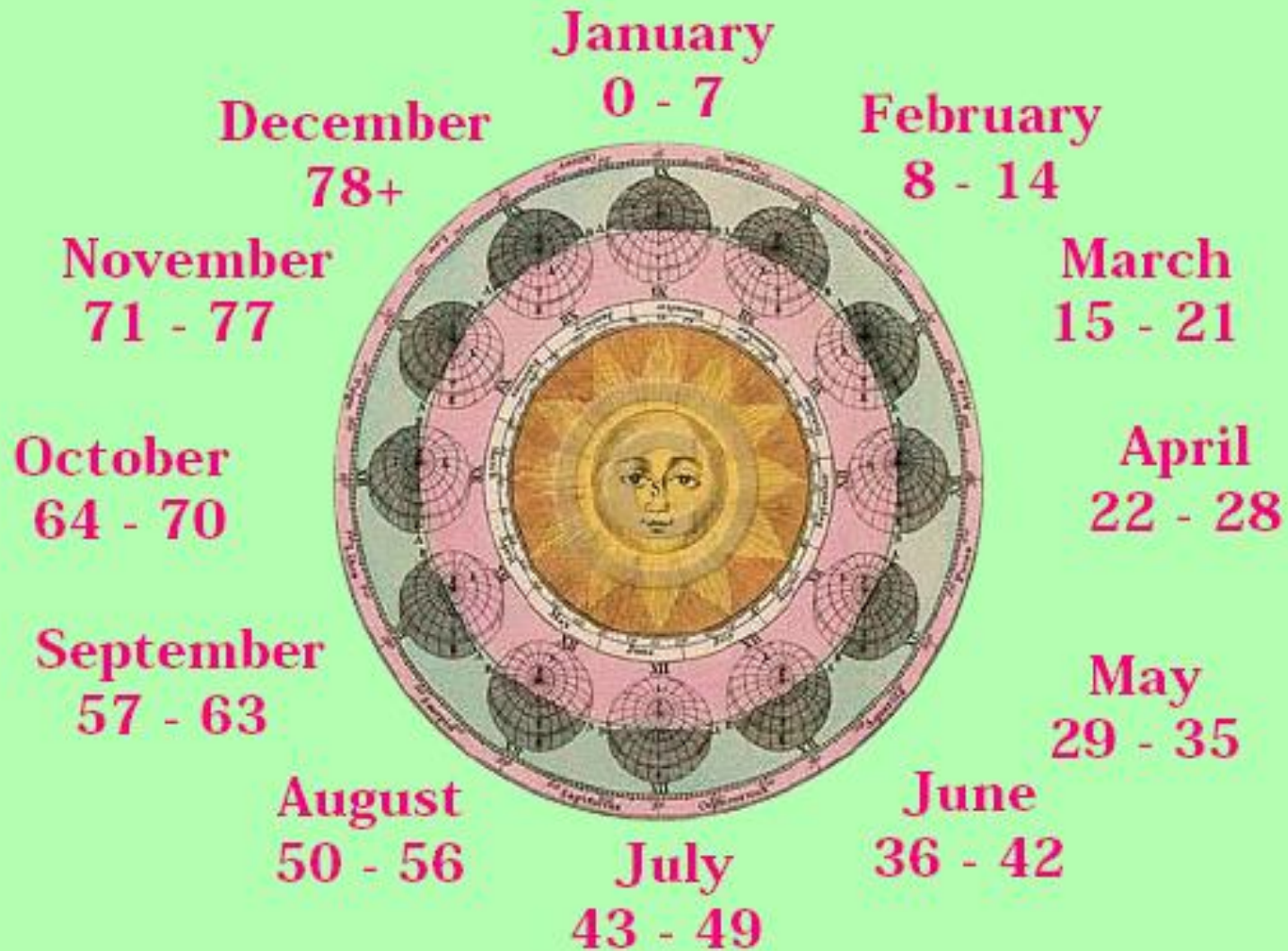


The Sine Qua Non: The Essence of Sage-ing

Through practical tools and exercises participants learn how to:

- Harvest their wisdom and transmit it as a legacy to future generations
- Examine the myths of aging and affirm the elder years
- Connect with one's inner wisdom through growth techniques of psychology and spirituality
- Nourish ourselves physically, emotionally, mentally, socially and spiritually
- Look at the past as a "life review" and "life repair" with the wisdom of what we know now
- Understand that forgiveness is a gift we give ourselves
- Create peace of mind by doing the legal, medical, fiscal and spiritual preparation as a way of facing one's mortality
- Identify ways for Elders to serve as mentors and healers in society
- Develop one's own vision of self as an Elder

Our Life as a Cycle of One Year



Reviewing Our Lives

Invites us to look back over our lives, to examine the details of our past experiences and harvest their meaning . . .

Who am I?

How have I become the person I am?

Who have been my teachers?

What life lessons have I learned?

Aging itself is not the problem...

“It’s the images that we hold about it, our cultural expectations, that cause our problems. To have a more positive old age, we must change our aging paradigm, the model or blueprint that determines that quality of our experience. Much like the software that we insert into the active memory of a computer, the program that we run dictates whether we will have a fearful, unattractive old age or a creative, fulfilling one.”

Zalman Schachter-Shalomi

Definition of An Elder

An Elder is a person who is still growing, still a learner, still with potential, and whose life continues to have within it promise for, and connection to the future.

An Elder is still in pursuit of happiness, joy and pleasure, and her or his birthright to these remains intact.

Moreover, an Elder is a person who deserves respect and honor and whose work it is to synthesize wisdom from long life experience and formulate this into a legacy for future generations.

RESOURCES

- *From Age-ing to Sage-ing* by Rabbi Zalman Schachter-Shalomi and Ronald S. Miller (Grand Central Publishing: 1995)
- *The Sage-ing Workbook* 2006
- Sage-ing International and the Conscious Aging Alliance www.sage-ing.org
 - SI Front Range Chapter (local - Colorado)
deb@harvestthebounty.com
 - WisdomWork (local - Colorado)
maureen@wisdomwork.org
- PeerSpirit and The Circle Way www.peerspirit.org